

**Face-to-face & Online - Triple P Groups & Workshops from April 22 – December 22**

**To book a place, please contact Deirdre by phone or e-mail the details are beside each group/workshop Deirdre 086 0274837** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Triple P Groups** | | **Dates** | | | **Time** | **Location** | **Contact** |
| **Junior Group Programme**  (2-10 years)  2 hours x 5 group sessions | | Session 1 – Tues 5th April 22  Session 2 – Tues 12th April  Session 3 – Tues 19th April  Session 4 – Tues 26th April  Phone Call Session –  Tues 3rd May  Final Session-Tues 10th May | | | 7-9 pm | Zoom | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email**[**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| **Junior Group Programme**  (2-10 years)  2 hours x 5 group sessions | Session 1 – Thursday 5th May  Session 2 – Thurs 12th May  Session 3 – Thurs 19th May  Session 4 – Thurs 26th May  Phone Call Session –  Thurs 2nd June  Final Session-Thurs 9th June | | | | 10-12md | Zoom | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| **Triple P Groups** | **Dates** | | | | **Time** | **Location** | **Contact** |
| **Junior Group Programme (2-10 years)**  **2 hours x 5 group sessions** | | Session 1- Wed 31st August  Session 2- Wed 7th Sept  Session 3 – Wed 14th Sept  Session 4- Wed 21st sept  Phone call session- 28th Sept  Final session- Wed 5th Oct | | | 7-9pm | Zoom. | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| **Junior Group Programme(2-10years)**  **2 hours x 5 group sessions** | | Session 1- Tues 1st Nov  Session 2 – Tues 8th Nov  Session 3- Tues 15th Nov  Session 4- Tues 22nd Nov  Phone Call session- 29th Nov  Final session – 6th Dec | | | 10-12md | Zoom | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| **Groups Virtually through Webex or Zoom**  ***Once Parents book in you will be provided by a link through e-mail and you simply click on the link to join a session.*** | | | | | | | |
| **Teen Group Programme**  (11-15yrs)  2hours x 5 group sessions | | | Session 1-Tues 5th April 22  Session 2- Tues 12th April  Session 3- Tues 19th April  Session 4- Tues 26th April  Phone Call Session – 3rd May  Final session-Tues- 10th  May | | 10-12md | Zoom | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| **Teen Group Programme**  (11-15yrs)  2hours x 5 group sessions | | | Session 1-Thurs 5th May  Session 2- Thurs 12th May  Session 3- Thurs 19th May  Session 4- Thurs 26th May  Phone Call session – 2nd June  Final Session - 9th June | | 7-9pm | Zoom | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| **Teen Group Programme(11-15 years )2 hours x 5 group sessions** | | | Session 1- Wed 31st August  Session 2- Wed 7th Sept  Session 3 – Wed 14th Sept  Session 4- Wed 21st sept  Phone call session – 28th Sept  Final session -Wed 5th Oct | | 10-12md | Zoom | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
|  | | |  | |  |  |  |
| **Teen Group Programme (11-15 years) 2 hours x 5 group sessions** | | Session 1- Tues 1st Nov  Session 2- Tues 8th Nov  Session 3- Tues 15th Nov  Session 4 – Tues 22nd Nov  Phone call session – 29th Nov  Final session – Tues 6th Dec | | | 7-9 pm | Zoom | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| **Fear Less Webinar** | | | | | | |  |
| Fear Less Webinar (4-14 years)  Reducing Anxiety for your child.  2 hours x 1 Session | | Thursday 28th April  Tuesday 17th May  Tuesday 6th Sept  Thursday 3rd Nov  Tuesday 13th Dec | | | 7-9 pm  7-9 pm  7-9 pm  7-9 pm  7-9 pm | Zoom  See poster attached for registration | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| **Fear Less Workshop: Reducing Anxiety (4-14 years) 2.5 hours x 3 weeks** | | **Date** | | | **Time** | **Location** | **Contact** |
| Fear Less Workshop:  Reducing Anxiety (4-14 years)  2.5 hrs x 3 weeks | | Wednesday 6th, 13th, 20th April | | 10-12.30 | | Zoom | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| Fear Less Workshop:  Reducing Anxiety (4-14 years)  2.5 hrs x 3 weeks | | Tuesday 24th May, 31st May, 7th June | | 10-12.30 | | Zoom | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| Fear Less Workshop:  Reducing Anxiety (4-14 years)  2.5 hrs x 3 weeks | | Tuesday 20th Sept, 27th Sept, 4th October | | 10-12.30 | | Zoom | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| Fear Less Workshop:  Reducing Anxiety (4-14 years)  2.5 hrs x 3 weeks | | Wednesday 2nd, 9th, 16th November | | 10-12.30 | | Zoom | **To book a place, please contact**  **Deirdre 086 0274837**  **or**  **Email** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |